

# MARINES HYMN MARINES HYMN



**From** the Halls of Montezuma  
To the shores of Tripoli  
We fight our country's battles  
In the air, on land, and sea.  
First to fight for right and freedom  
And to keep our honor clean;  
We are proud to claim the title  
Of United States Marine.

Our flag's unfurled to every breeze  
From dawn to setting sun;  
We have fought in every clime and place  
Where we could take a gun.  
In the snow of far-off Northern lands  
And in sunny tropic scenes;  
You will find us always on the job--  
The United States Marines.

Here's health to you and to our Corps  
Which we are proud to serve;  
In many a strife we've fought for life  
And never lost our nerve.  
If the Army and the Navy  
Ever look on Heaven's scenes,  
They will find the streets are guarded  
By United States Marines.

FOR MORE RESOURCES CALL  
YOUR FAMILY READINESS  
OFFICER 252-466-5345 OR  
252-876-1052



## Family Readiness Resources



## For The Married Marine



# VMAT-203

## Commanding Officer's Policy

### "Family Readiness"

Preparation and readiness are the keys to our success. Family readiness is no different than aircraft or combat readiness. My goal is to instill the fact that our people and their families are our most valuable asset.

I ask that every Marine in this command to take advantage of the many resources available to ensure that your family is prepared for any contingency. At VMAT-203, we will not be deploying overseas for six plus months, but that does not lessen the need for a well-prepared and well-taken care of family.

Marine Corps Family Team Building and Marine Corps Community Services are there to provide many services to our families. Use them. Excellent programs such as CREDO, L.I.N.K.S., PREP, New Parent Support, Community Counseling, Military One-Source, Exceptional Family Member and Semper Fit (and others) are available for you and your family. Again, use them.

The VMAT-203 Family Readiness Officer is always available to answer your questions and assist you. In their absence, the Executive Officer and Sergeant Major are both well-versed in the many resources available to you and your family.



## MCCS PHONE DIRECTORY

Information, Tickets & Travel 466-2197  
L.I.N.K.S ..... 466-5588  
Library ..... 466-3552  
Marine Corps Exchange ... 447-7041  
Marine Corps Family Team Building 466-4637  
Marine Dome ..... 466-2566  
Marine Mart ..... 463-1639  
Massage Therapy. . . . . 444-0829  
MCX Convenience Store ..... 463-1626  
Military Clothing Store .... 463-1608  
New City Deli ..... 466-9328  
New Parent Support ..... 466-3651  
Outdoor Connection ..... 466-4058  
Package Store ..... 463-1638  
Pelican Point Marina ..... 466-2762  
Personal & Marital Counseling 466-4401  
"The Pit" Bar. . . . . 466-956J1  
Pools  
Hancock Pool ..... 466-2168  
Cedar Creek Pool. .... 466-2277  
Combat Indoor Pool ..... 466-2209  
Relocation Assistance ..... 466-4401  
Retired Activities ..... 466-5548  
Pizzeria & Catering ..... 466-5555  
Bar ..... 444-2733  
Safety Store ..... 466-9063  
Semper Fit Department ..... 466-4232  
Semper Fit Info/Referral Center 466-6467  
Single Marine Program ..... 466-3027  
Slocum Recreation Area & Lodge 466-2762  
Subway ..... 444-1864  
Theater ..... 466-3850  
• Movie Line ..... 466-3884  
Vending ..... 466-6062

# MCCS PHONE DIRECTORY



7-Day Troop Store	463-1693
Accounting .....	466-6365
Andy's Cheeseburgers .....	466-9010
Aquatics .....	466-2510
AT&T/Sprint. ....	464-0015
Athletics .....	466-2390
Auto Care Center .....	463-1640
Auto Skills Center .....	466-2352
Barber Shop (in MCX Mall)	463-1654
Barber Shop (Near 7-Day Troop Store)	466-9263
Beauty Shop .....	447-1857
Bowling Center and Pro Shop	466-3910
Career Resource Center ...	466-3353
Catering .....	466-5555
Check Redemption .....	466-2980
Cherry Tree House/Youth Activities	466-3861
Child Development Center	466-3782
Community Center .....	466-4824
CREDO .....	910-450-1668
Devil Dog Gymnasium .....	466-2713
Dollar Rent a Car. .	447-3999/2444
Dry Cleaners .....	447-2'130
Employment Assistance/Volunteers	466-3353
Exceptional Family Member Assistance	466-6683
Family Child Care .....	466-4867
Family Services .....	466-4401
Financial Management	
Immigration	
information & Referral	
Personal and Marital Counseling	
Flower Shop .....	447-2425
Gl Joe Coffee .....	349-3043
GNC .....	444-3107
Hancock Marina and Lodge ..	466-2762
Hammond's Plaque Shop .....	466-9046



VMAT-203

Family Readiness Officer

Stephanie McPherson

Wk: 252-466-5345

Cell: 252-876-1052

[stephanie.mcpherson@usmc.mil](mailto:stephanie.mcpherson@usmc.mil)

My name is Stephanie, and I would like to take a moment to introduce myself as your Family Readiness Officer (FRO). I'm looking forward to having the opportunity to meet and work with you in the near future.

As your Family Readiness Officer, my primary objectives are to provide resource and referral information, assist in crisis intervention, and provide you with tools to better support each other during those times and circumstances that are simply unique to being a family member of an active duty Marine or Sailor. There are a wide range of services available on base and in the local community to assist and support both active duty and family members. Ultimately Family Readiness is the responsibility of the individual Marine or Sailor, but as your Family Readiness Officer it is my job to provide you with the assistance and tools you need to succeed.

I will provide you with unit information via our official website at: <http://www.marines.mil/unit/2ndMAW/mag14/vmat203/Pages/Default.aspx>, email, or by utilizing the Mass Communication Tool. When information is sent via the Mass Communication Tool, please be sure to confirm it. To reach your FRO: M-F Call 252-466-5345, afterhours 252-876-1052 or email [Stephanie.mcpherson@usmc.mil](mailto:Stephanie.mcpherson@usmc.mil)



Family Readiness Hotline:  
Toll Free: 1-866-242-0064  
Local Number: 252-466-4388

Press the number "2" then "8" at the prompt



**Making Harrier Pilots One Mission At A Time**

**VMAT-203 DUTY 252-466-3151**

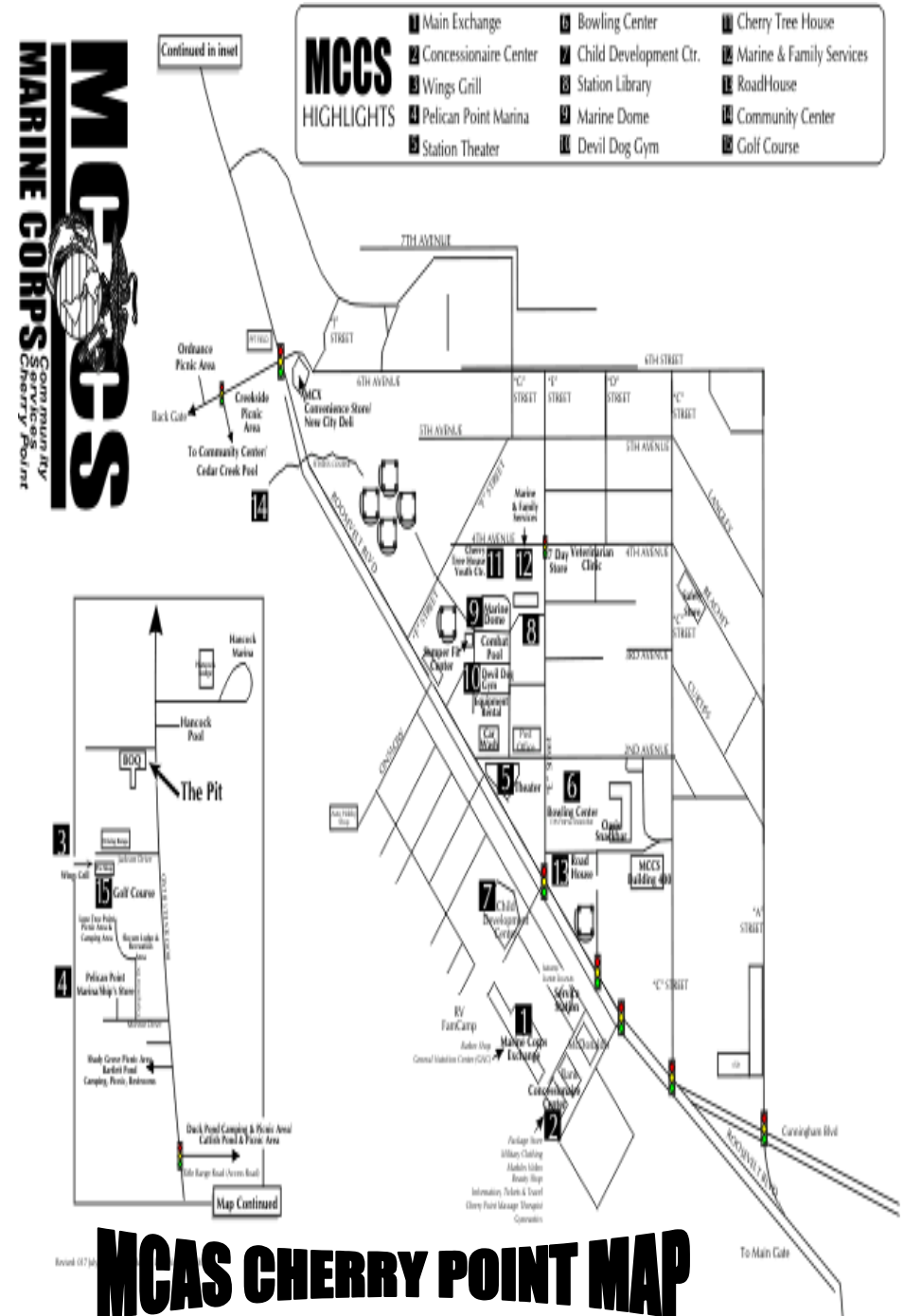
### Victim Advocacy Program

This program supports victims of rape, sexual assault, and domestic violence by providing various services and resources. These services are available 24 hours by contacting PMO at 252-466-4366



Military OneSource is there for military personnel and their families.... 27/7/365!!

This resource will provide you assistance with everything from how to change a tire, help with children and behavioral issues, basic legal assistance, counseling and anything else you need assistance with. This is a one-stop shop for resources of all sorts. The service is available by phone, online, and face-to-face. Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and







# Car Care

**Auto Care Center** 252-463-1640

On base across from McDonald's (On Base)

**Base Hobby Shop** 252-466-2352

If you bring oil and supplies needed to change your oil they will do it for you and no charge on Mondays only! (On Base)

**Merchants Tire** 252-447-2121

Located across from Waffle House (Havelock)

**Baldree's Tire** 252-444-3600

Located next to Wal-Mart (Havelock)

**American Car Care Center** 252-638-3592

318 1st Street (New Bern)

There are a multitude of dealerships in Morehead City, Havelock and New Bern that also perform car repairs. Please be sure to search around for the best quotes and deals.

Other Marines that have vehicles may be your best resource, ask around for a reputable Resource.



466-5588

**CELEBRATING OVER 10 YEARS OF SPOUSE EDUCATION**  
LEARN TO MEET THE CHALLENGES OF MARINE CORPS LIFE

# L.I.N.K.S.

## **L. I. N. K. S. for Marines**

Each Marines and Sailor is responsible for both their family and personal readiness. During LINKS for Marines you will be educated about military lifestyle in addition to benefits and services the Marine Corps has to offer you, the individual and your family members. Remember information and resources are essential to maintaining family readiness.

## **L. I. N. K. S. for Spouses**

Spouses of service members are unique and a very vital part of the Marine Corps Family. Therefore, as we equip our Marines we need to also equip our spouses with vital tool to understanding the Marine Corps. This class focuses on the structure, traditions, pay and allowances, separation and deployment as well as some additional crossroads you may encounter in the Marine Corps.

## **L I. N. K. S. for Kids (6-12)**

## **L.I. N. K. S. for Teens (13-17)**

As a child of an active duty member you are often faced with time away from your parent or loved one. It helps to know of others that can relate. Children will build a network and come to understand they do not have to deal with issues alone. The class teaches them about internet safety, Marine Corps history and tradition so they have an understand of what their parent is required to do that takes them away from home.



**Halyburton Naval Health Clinic (466-0266)**  
 No Emergency Room Avail Onbase  
**Craven Regional Medical Center -252- 633-8111**  
**Carteret General Hospital - 252- 808-6000**

<b>Urgent Care</b> (Daily 0700-1900)	252-466-0255
Information	252-466-0266
Appointment Line	252-466-0921
Active Duty Sick Call	252-466-0355
Customer Service	252-466-0921
Laboratory	252-466-0310
Pharmacy	252-466-0254
Dental	252-466-0401
Optometry	252-466-0294
<b>24 Hour Nurse Advise Line</b>	866-450-3230
<b>Clinic Hours:</b>	
Family Care Clinic	M-F 0730-1600
Pediatric Clinic	M-F 0730-1600
Evening Clinic	M-F 1630-1800
Pharmacy	M-F 0800-1800
Administrative Offices	M-F 0730-1630
Urgent Care	7days 0700-1900
Laboratory Hours	M-F 0730-1615



Call Tricare at 1800-  
 TRICARE (874-2273)

As a active duty member, or family member you may receive referrals from your primary care manager to a doctor out in the community. You can contact Tricare to check the status of your referral 72 hours after it has been requested by your (PCM).



**Commissary (Bldg 3918)**  
**252-466-0800**

Open: Tuesday-Sunday Early Bird Shopping @ 0800  
 -1000 Self Check-out only  
 Closed: Mondays  
 Tuesday 0900-1900  
 Wednesday 1000-1900  
 Thursday 1000-1900  
 Friday 1000-1900  
 Saturday 0900-1800  
 Sunday 1000-1800



Barbershop (MCX) 252-463-1654  
  
 Barbershop (7-day store) 252-466-9263  
  
 Dry Cleaners 252-447-2130  
 Monday-Friday 8am-6pm  
  
 Military Clothing 252-463-1608/1  
 Monday-Friday 8am-8pm  
 Saturday & Sunday 10am-6pm  
  
 Video Store 252-444-0702  
 Sunday-Thursday 10am-8pm  
 Friday & Saturday 7am-10pm



**Exchange-MCX (Bldg 3918) 252-447-7041**

Open:

Monday-Friday 1000-2000

Saturday and Sunday 1000-1800

**MCX Convenience Store (Bldg 4505) 252- 463-1626**

Open:

Monday-Friday 0600-2200

Saturday and Sunday 0800-2200

**7 Day Troop Store (Bldg 193, E Street)**

**252-463-1693**

Open:

Monday-Thursday 0630-2200

Friday 0630-2400

Saturday 0800-2400

Sunday 0800-2200

**Package Store (Bldg 3918) 252-466-1644**

**(Remember you must 21 years of age or older,  
drink responsibly)**

Open:

Monday-Friday 100-1900

Saturday 1000-1800

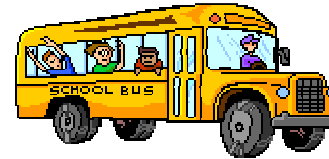
Sunday 1200-1700

**Auto Care Center/Marine Mart (Bldg 4472)**

Woodside Dr. 252-463-1639/1640

Gas Lanes 24 hours

Service Dept Mon-Fri 0630am to 1700



**Elementary Schools**

Havelock Elementary	252-444-5106
Roger Bell Elementary	252-444-5133
Graham A Barden	252-444-5100
W.J. Gurganus	252-444-5150
Arthur Edwards	252-444-5140

**Middle Schools**

Havelock Middle	252-444-5125
Tucker Creek Middle	252-444-7200

**High School**

Havelock High	252-444-5112
New Bern High	252-514-6400
Craven Early College	252-637-5706

**Parochial Schools in Havelock Area**

Annunciation Catholic School	252-447-3137
Liberty Christian School	252-447-4185
Gramercy School	252-223-4384/5199



252-466-4196

The School Liaison Program provides assistance and support to parents of school-aged children on education-related matters. The program strives to create strong partnerships with the local school community and provide a more clear and concise overview of unique dynamics a child of an active duty may need assistance with.



# childcare



## CHILD DEVELOPMENT CENTER (AGES 6 WEEKS-12 YRS)

Resource and Referral 466-3595/5079  
 Hourly Care 466-3491  
 Full/Part time Care 466-3105

Cherry Tree House 466-3861  
 Communtiy Center 466-4827

## Children and Youth Programs - 466-3595

Call Resource and Referral for more information at 466-3595/5079.



## More Child Resources

## More Child Resources



WIC - 447-0123

Budgeting for Baby - 466-2031

## New Parent Support Group - 466-3651

Parent Education, Support, & Guidance • Home Visits • Parenting Classes & Workshops • Support & Play Groups

## La Leche League International -

[www.lalecheleague.org](http://www.lalecheleague.org) or call 634-2880

## Military OneSource - 800-342-9647 or

[www.militaryonesource.com](http://www.militaryonesource.com)

The Craven-Cherry Point Child Development Center, near Havelock High School, provides a comprehensive program of services for the developmentally disabled child. 252-447-3892



## Marinas and Outdoor Connection Marinas and Outdoor Connection

Hancock Marina & Lodge - Bldg 4431,  
 Located on Creek Rd

Hancock Lodge 252-466-3620

Hancock Boat Dock 252-466-3816

Slocum Recreation - Bldg 1502,  
 Located on Cryogenics Dr.  
 (Turn on Monroe) 252-466-5812

Pelican Point Marina & Ship Store - Bldg 4277,  
 Located on Pelican Point Rd  
 252-466-2762/4874

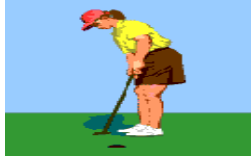
Monday & Tuesday - Closed  
 Wednesday - Sunday 8am to 5pm

Outdoor Connection-Located off E Street  
 252-466-4058

Save money and rent items such as ice chests, games, tents, sports equipment all at very reasonable prices.

Monday-Friday 8am to 5pm  
 Saturday and Sunday 8am to Noon  
 Holidays-Closed





# RECREATION



Bowling Center (Located Near the Post Office)  
252-466-3910

Monday-Thursday 0900-2100

Friday and Saturday 0900-0100

Sundays and Holidays 1400-2100

For prices view: [http://](http://www.mccscherrypoint.com/bowling.htm)

[www.mccscherrypoint.com/bowling.htm](http://www.mccscherrypoint.com/bowling.htm)

Golf Course (Located off Roosevelt)

252-466-3044

Monday 1200-Dusk

Tuesday-Friday 0730-Dusk

Saturday, Sunday and Holidays 0700-Dusk

Information, Tickets and Travel (Located at  
Bldg 4535) 252-466-2197/2192

Check this out before buying tickets or booking  
your travel. Several places offer military  
discounts and also free tickets to some major  
amusement parks so save yourself some money and  
look here first. They also offer discounts to  
many of the cruises from Morehead City area and  
additional areas in North Carolina as well.

Monday-Friday 0900-1700

<http://www.mccscherrypoint.com/itt.htm>

The MCAS Cherry Point Station Theater

Movie Line 252-466-3884

Offers great food, great sodas and great enter-  
tainment, all at the same place, all for the  
lowest prices in the area!

\$2 Adults / \$1 Children ages 2-10



**The Base Memorial Chapel**  
**Located on "E" Street**  
**252-466-4000**  
**Credo/Retreats**  
**910-450-1673**

## **Chaplain**

### **Catholic Mass:**

Sunday 0900

Tuesday, Wednesday, Friday 1145

### **Protestant Liturgical Service and Communion:**

Sunday 0900

### **Contemporary Praise and Worship:**

Sunday 1100

They offer multiple retreats and seminars for  
couples and families.

- CREDO (Chaplains Religious Enrichment Development Operations)
- Personal Growth Retreat
- Marriage Enrichment Retreat
- High School and Teen Retreat
- Spiritual Growth Retreat

To register for a retreat contact Contact Camp  
Lejeune Chaplains office at 910-450-1688.

You can reach the station Chapel at 466-4000  
and the 2D MAW Chaplain's Office at 252-466-  
3314. The Duty Chaplain can be contacted  
through PMO at 252-466-3615. Our MAG 14 Chap-  
lain, can be reached at 252-466-3690 or 252-876-  
-6387.



# Colleges

<b>Boston University</b>	252-466-2491
<b>Craven Community College</b>	252-466-5020
<b>Park University</b>	252-466-2655
<b>Southern Illinois University</b>	252-466-2779
<b>Webster University</b>	252-466-9090

**Education** (Training and Education Bldg 4335, located on "C" street)  
The education office is open Monday-Friday 0700-1630 and can be reached at 252-466-3500. Schools available on base are Craven Community College, Park University, Southern Illinois University and Boston University.

## **Military Spouse Education and Career - Log on to Military OneSource**

Helpful Websites: [www.defenselink.mil/mapcentral/spousetuition](http://www.defenselink.mil/mapcentral/spousetuition)  
[www.dantes.doded.mil/Dantes\\_web/library/docs/counselorsupport/FOSSM](http://www.dantes.doded.mil/Dantes_web/library/docs/counselorsupport/FOSSM)

## **Employment Options?**

**Spouse Employment Help** 466-4401  
Marine and Family Services

**Human Resources Office**  
(Employment) - 252-466-2301



**MCCS Website:** [www.mccscherrypoint.com/employment.htm](http://www.mccscherrypoint.com/employment.htm)

**Federal Employment Website:** <https://chart.donhr.navy.mil/index.asp>



**MCCS Cherry Point**

**Marine Corps Community Services**

Semper Fit Department: community recreation, aquatics, arts and crafts, athletics/sports, Semper Fit, health promotions, youth center and youth sports, numerous fitness classes like yoga, cycling, etc, prenatal classes, personal trainers, RMR testing, and nutritional counseling.

### **Health and Fitness:**

Devil Dog Gym (Located behind IPAC Bldg)  
252-466-2713

Hancock Fitness Center (Located across from Cherry Point Inn) 252-466-4018

Fitness Connection (Located in Staff Capehart housing area) 252-466-5408

Marine Dome (Located adjacent to Devil Dog Gym)  
252-466-2566

### **Aquatics:**

Combat Pool (Located at Marine Dome)  
252-466-2209

Cedar Creek Pool (Outdoor Pool-Located in Nugent Cove Housing) 252-466-2277

Hancock Pool (Outdoor Pool-Located by Fire Station on Roosevelt Blvd) 252-466-2168



# Havelock Restaurants

Ham's Restaurant	252-444-4267
Smithfield's Chicken N BBQ	252-447-5885
Pizza Hut	252-447-0297
Mario's Pizza and Subs	252-447-4113
Canton Chinese	252-444-2582
Crabby Patty's Seafood	252-444-1211
El Cerro Grande Mexican	252-444-5777/5701
La Rosa Italian	252-444-1121
Sonic Drive-In	252-444-2553
Subway	252-444-1864
Taco Bell	252-447-5889
Waffle House (Open 24 Hours)	252-447-3500
Diesel Brew Haus & Grill	252-447-1200
Bayside (Open 24 Hours)	252-447-2111
Bojangles	252-447-3344

**Note:** There are other Restaurants both north and south of Havelock in New Bern or Morehead City. Ex: Outback Steakhouse, Applebee's, Texas Steakhouse, and Golden Corral.



# Finances


**Budget Counseling (Navy-Marine Corps Relief Society)** - 252-466-2031

**Military OneSource** - 800-342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com)

**Department Of Social Services** -252-636-4900

**Navy and Marine Corps Relief Society (loans, grants, etc.)** 252-466-2031

**Family Readiness Officer-** 252-466-5345/876-1052



**Joint Law Center** (Located on 2<sup>nd</sup> Ave, Bldg 219) 252-466-2311/2361  
Need a Will or Power of Attorney?  
Get one for free here at the Joint Law Center. JLC can assist you with many of your legal needs but cannot represent you in a civilian court.

However, they can provide you much sought after guidance for free, possibly saving you money in legal fees.

**Navy-Marine Corps Relief Society** (Located in Bldg 232, 2<sup>nd</sup> deck, Rm 220) 252-466-2031  
A great resource that can provide you with financial, educational and referral assistance, should you require it. They are available to help with emergencies such as funeral expenses, medical, dental bills as well as rent, food, utilities and other unforeseen family emergencies. If you need assistance after working hours you may contact any American Red Cross, and ask for NMCRS assistance.



MCCS is dedicated to enriching the lives of our military community by providing consistent, high quality programs, services, and facilities that promote healthy lifestyles and improve morale and readiness. MCCS is here to provide services to our military members and their families.

MCCS is proud to provide authorized patrons the best exchange, club, and recreational activities available. The money you spend at any MCCS activity is recycled into additional high quality programs and events that enhance your quality of life. Some MCCS programs available and a brief look at what they offer are:

Food and Beverage Operations Department :

**Subway (Bldg 3918, Inside the MCX) 252-466-1864**

**Open:**

**Monday-Friday 0630-2130**

**Saturday and Sunday 0900-2130**

**McDonalds (Located Near the MCX area) 252-444-2269**

**Open:**

**Sunday-Saturday Lobby 0500-2300**



**New City Deli** (Located With Slocum Convenience Store) 252-466-9328

**Open:**

**Monday-Friday 0630-1800**

**Dunkin' Donuts** (Located Inside Convenience Store across from McDonalds) 252-466-3665

**Open:**

**Monday-Sunday 0600-2000**

**Andy's** (Located on "E" Street) 252-466-9010

**Open:**

**Monday-Sunday 1100-2100**

**Joe's Internet and Coffeehouse** (Located Inside of Cunninghams) 252-466-5555

**Open:**

**Monday-Friday 0600-2000**

**Saturday and Sunday 1100-2000**

**Wings Grill** (Located above the Golf Shop off Roosevelt Blvd) 252-466-9306

**Open:**

**Monday 1000-1700**

**Tuesday-Sunday 0700-1700**

**The Pit** (Located at Cherry Point Inn off Roosevelt Blvd) 252-466-9561

**Hours: Monday-Closed**

**Tuesday-Thursday 1600-2100**

**Friday 1600-2300, Saturday 1130-2100**

**Sunday 1200-2100**